

eTable. Aerobic exercise and risk of type 2 diabetes in men from Health Professional Follow-up Study (1990-2008) stratified by age, body mass index, family history of type 2 diabetes, and dietary index score.

	Aerobic Exercise (minutes/week)				
	None	1 – 59	60 – 149	≥150	p trend
Age (years)					
<65 (1,125 cases, 289,111 person years)	1	0.86 (0.72-1.04)	0.56 (0.46-0.69)	0.43 (0.36-0.52)	<0.001
≥65 (1,153 cases, 219,221 person years)	1	0.99 (0.82-1.20)	0.86 (0.70-1.05)	0.54 (0.44-0.65)	<0.001
BMI (kg/m²)					
<30 (1,499 cases, 455,664 person years)	1	0.95 (0.80-1.13)	0.76 (0.65-0.93)	0.57 (0.48-0.68)	<0.001
≥30 (779 cases, 52,668 person years)	1	1.06 (0.85-1.31)	0.77 (0.61-0.98)	0.59 (0.47-0.75)	<0.001
Family history of type 2 diabetes					
Negative (1,687 cases, 436,300 person years)	1	0.96 (0.82-1.12)	0.68 (0.58-0.81)	0.46 (0.39-0.54)	<0.001
Positive (591 cases, 72,032 person years)	1	0.84 (0.64-1.11)	0.71 (0.53-0.94)	0.55 (0.42-0.73)	<0.001
Dietary index score					
< Median (1,376 cases, 253,486 person years)	1	0.89 (0.75-1.04)	0.68 (0.57-0.81)	0.44 (0.37-0.52)	<0.001
> Median (902 cases, 254,847 person years)	1	1.02 (0.80-1.31)	0.72 (0.56-0.92)	0.55 (0.43-0.69)	<0.001

Data are relative risks (95% CI). All models included age (months), smoking (never, past, or current with cigarette use of 1-14, 15-24, ≥25 per day), alcohol consumption (0, 1-5, 6-10, 11-15, >15 g/d), coffee intake (0, <1, 1-3, 3-5, >5 cups/day), race (white, non-white), family history of diabetes, intake of total energy, trans fat, polyunsaturated fat to saturated fat ratio, cereal fiber, wholegrain, glycemic load (all dietary factors in quintiles), weight training, other physical activity of at least moderate intensity (quintiles), and TV viewing (quintiles).

eFigure

Dose reponse relationship between aerobic exercise (hours/week) and risk of type 2 diabetes.

Dotted lines are 95% CI for the trend obtained from restricted cubic spline regression (4 knots). The model included the following covariates: age (months), weight training (0, 1-59, 60-149, ≥ 150 min/week), other physical activity of at least moderate intensity (quintiles), TV viewing (quintiles), smoking (never, past, or current with cigarette use of 1-14, 15-24, ≥ 25 per day), alcohol consumption (0, 1-5, 6-10, 11-15, >15 g/d), coffee intake (0, <1 , 1-3, 3-5, >5 cups/day), race (white, non-white), family history of diabetes, intake of total energy, trans fat, polyunsaturated fat to saturated fat ratio, cereal fiber, wholegrain, and glycemic load (all dietary factors in quintiles) and truncated to men reporting ≤ 15 hours/week. $P < 0.001$ for a non-linear relationship.

